



PERFORMANCE PROFILE

ASSESSING YOUR MENTAL GAME

Rate each of these statements from 1-5:

5 - Never / Strongly Disagree

4 - Occasionally / Disagree

3 - Fairly often / Neutral

2 - Very often / Agree

1 - Always / Strongly agree

| Statement | Rating |
|---|--------|
| 1. I could put more effort into training sessions | |
| 2. I find it difficult to push myself to consistently train at a high intensity | |
| 3. Failures and setbacks cause me to lose motivation | |
| 4. I don't play as well against weaker teams (compared to stronger teams) | |
| 5. I struggle to motivate myself to train on my own (i.e. put things off) | |
| Total Score For Level of Motivation (out of 25) | |
| 6. I tend to make silly mistakes, play it safe or hide away in big games | |
| 7. I get very nervous and anxious before a game | |
| 8. I do better in practice than I do in games | |
| 9. I struggle to stay calm and composed under pressure | |
| 10. I dread getting the ball in crucial moments (i.e taking flicks/shoot-outs) | |
| Total Score For Handling Pressure / Emotion (out of 25) | |
| 11. I worry about making mistakes and expect to be perfect | |
| 12. I am hard on myself when I mess up, dwelling on my mistakes | |
| 13. If I start the game badly, it's hard for me to turn my game around | |
| 14. When things don't go to plan, I tend to give up or quit | |
| 15. I find it difficult to bounce back quickly from setbacks such as being dropped, injury, etc | |
| Total Score For Resiliency (out of 25) | |
| 16. Players or the coach shouting at me knocks me off my game | |
| 17. I tend to get easily frustrated with things like bad umpiring | |
| 18. What happened that day in my life affects how I play | |
| 19. What others do or say can affect my performance | |
| 20. I worry about letting my team or coach down | |
| Total Score For Focus (out of 25) | |
| 21. Setbacks such as injury or being dropped affect my confidence | |
| 22. I compare myself with others | |
| 23. I worry about what others think of me | |
| 24. I struggle with negative thoughts & question if I'm not good enough | |
| 25. When other people doubt my ability, I lose confidence | |
| Total Score For Confidence (out of 25) | |
| Total Score (out of 125) | |